

# PITCH-SIDE FIRST AID AND IMMEDIATE CARE ROLES & TRAINING



**Clubs, schools, colleges and universities should be aware that there are different levels of training required in order to provide first aid and immediate care cover.**





Role/ Qualification	Emergency First Aider
<p><b>Description</b></p>	<p>An Emergency First Aider should be qualified to a minimum of Level 3 Emergency First Aid or equivalent (Level 2 up until 1st Oct, 2017 – individuals with a valid Level 2 qualification e.g. completed course prior to 1st Oct 2017 may continue to use this until it expires after 3 years).</p> <p>Emergency First Aiders are trained to:</p> <ul style="list-style-type: none"> <li>🌀 Take charge when someone is injured or ill, including calling an ambulance if required;</li> <li>🌀 Provide emergency first aid to injured or ill persons until more expert help arrives;</li> <li>🌀 Look after the first aid equipment, e.g. restocking the first aid box.</li> </ul> <p>They should not attempt to give first aid for which they have not been trained.</p> <p>Every squad/team should have a nominated Emergency First Aider to provide help to any injured or ill player until more expert help arrives.</p>
<p><b>Training</b></p>	<p>The minimum qualification for an Emergency First Aider involved in rugby is the Level 3 Emergency First Aid.</p> <p>The RFU's Emergency First Aid in Rugby Union (EFARU) course is equivalent to the Level 3 Emergency First Aid at Work (EFAW) qualification with additional rugby-specific elements also covered. The EFARU sits on the Regulated Qualifications Framework (RQF), is awarded by 1st4sport Qualifications and in common with many other First Aid qualifications is valid for 3 years. The course provides learners with a nationally recognised qualification that is transferable to the workplace and/or other sports.</p> <p>Whilst the EFARU is recommended for those working in rugby due to the rugby-specific content, other qualifications are also recognised for Emergency First Aiders.</p> <p>If selecting an alternative course/qualification, it should meet the minimum requirement:</p> <p>Courses of this level should take a minimum of 6 hours face to face training and be acknowledged with a certificate from the recognised awarding body.</p> <p>The assessment criteria should be a competency based</p> <p>Any courses should have a quality assurance process (shown by an accreditation mark)</p> <p>The course should cover both more common rugby injuries (such as concussion) and rare but serious injuries (such as spinal injury) in sufficient detail.</p>

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**Teamwork Respect Enjoyment Discipline Sportsmanship**

Role/ Qualification	Emergency First Aider cont.
<b>Training cont.</b>	<p>Additionally the following should be considered when deciding who delivers the training:</p> <ul style="list-style-type: none"> <li>🌀 What qualifications does the trainer have? Do they have the minimum qualifications required to deliver the level of course.</li> <li>🌀 What experience does the trainer have? E.g. medical background, years of tutor experience, knowledge of rugby.</li> <li>🌀 How many people will be in the training session? Suggested maximum: 16 per trainer.</li> <li>🌀 What insurance does the trainer have? E.g. personal liability cover.</li> <li>🌀 What resources are provided E.g. Learner workbook</li> </ul>
<b>Other Information</b>	<p>Clubs, schools, colleges and universities with employees will likely fall under the Health and Safety (First Aid) Regulations 1981 (SI 1982 No 917) and will need to refer to these for minimum qualification/training standards.</p> <p>Based on an individual risk assessment, it may be considered appropriate to engage the services of externally trained first aiders. When using external providers, it is the clubs, schools, colleges and universities responsibility to check that the individuals are appropriately checked, trained and experienced.</p>

Role/ Qualification	First Aid Qualified HCP
<b>Description</b>	<p>There are a number of different therapists and Health Care Professionals (HCP) working in sport (see Health Care Professional and Allied Health Care Professional Descriptors for examples of role descriptors and requirements), including:</p> <ul style="list-style-type: none"> <li>🌀 Doctor</li> <li>🌀 Registered Nurse</li> <li>🌀 Registered Paramedic</li> <li>🌀 Physiotherapist</li> <li>🌀 Chiropractor</li> <li>🌀 Osteopath</li> <li>🌀 Sports Therapist</li> <li>🌀 Graduate Sport Rehabilitator</li> </ul> <p>These individuals may provide first aid cover along with additional support and/or treatment based on their qualifications.</p>
<b>Training</b>	<p>Qualifications will vary based on the individuals experience and training. Clubs, schools, colleges and universities should check that any individual taking on a first aid/immediate care role has an appropriate, current first aid qualification. Being an HCP does not automatically mean the individual has an appropriate first aid qualification.</p>
<b>Other Information</b>	<p>Clubs, schools, colleges and universities should ensure that the individual therapist/HCP has the relevant qualifications, experience and insurance for the role. There should be a formal agreement that covers roles and responsibilities.</p> <p>If performing treatment above that of an emergency first aider these individuals may require their own insurance arrangements as a requirement of their regulating body. Below the elite level of sport, such insurance will usually be provided at no additional cost to them, as long as they have the appropriate training and experience.</p> <p>Therapists/HCPs should be able to provide evidence of registration with or membership of their relevant regulatory body or society to help in this process.</p>

Role/ Qualification	Immediate Care Practitioner
<b>Description</b>	<p>Immediate Care Practitioners are Health Care Professionals (see Health Care Professional and Allied Health Care Professional Descriptors for examples of role descriptors and requirements) who have undertaken specific training to allow them to provide enhanced pitch-side care.</p>
<b>Training</b>	<p>The RFU's Pre-Hospital Immediate Care in Sport (PHICIS) courses are rugby union specific courses that provide training for healthcare professionals and allied healthcare professionals working within sport.</p> <p><b>Pre-Hospital Immediate Care in Sport (PHICIS) Level 2:</b> The PHICIS Level 2 is a one day course, aimed at those HCPs/Allied HCPs working in the community game (Level 3 leagues and below and CB representative rugby) and the Women's TP15s. The accreditation for the Level 2 currently lasts for two years.</p> <p><b>Pre-Hospital Immediate Care in Sport (PHICIS) Level 3:</b> The PHICIS Level 3 course is a requirement for those HCPs/Allied HCP working within professional rugby, including the Premiership, the Academies, the Championship and with national teams.</p> <p>Other immediate care qualification are accepted however, the course must be endorsed by the Faculty of Pre Hospital Care and the content must be appropriate for sport. Other approved courses include:</p> <ul style="list-style-type: none"> <li> FA - Advanced Trauma Medical Management in Football (ATMMiF)</li> <li> RFL - Immediate Medical Management on the Field of Play (IMMFoP)</li> <li> Scottish Rugby - Medical Cardiac &amp; Pitch Side Skills (SCRUMCAPS)</li> <li> BASICS Immediate Care Course</li> </ul>
<b>Other Information</b>	<p>Clubs, schools, colleges and universities should ensure that the individual Practitioner/Therapist/HCP has the relevant qualifications, experience and insurance for the role. There should be a formal agreement that covers roles and responsibilities.</p> <p>Practitioners/Therapists/HCPs should be able to provide evidence of registration with or membership of their relevant regulatory body or society to help in this process.</p> <p>These individuals will have their own insurance arrangements as a requirement of their regulating body. Below the elite level of sport, such insurance will usually be provided at no additional cost to them, as long as they have the appropriate training and experience.</p>